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1883

CASCARA CORDIAL

ED TO THE MEDICAL PROFESSION
WITH COMPLIMENTS OF

COMPLIMENTS
OF
BLAIR'S SONS,
Apothecaries,
[Str.] PHILADELPHIA.

Park, Davis & Co.

QV P237h 1883

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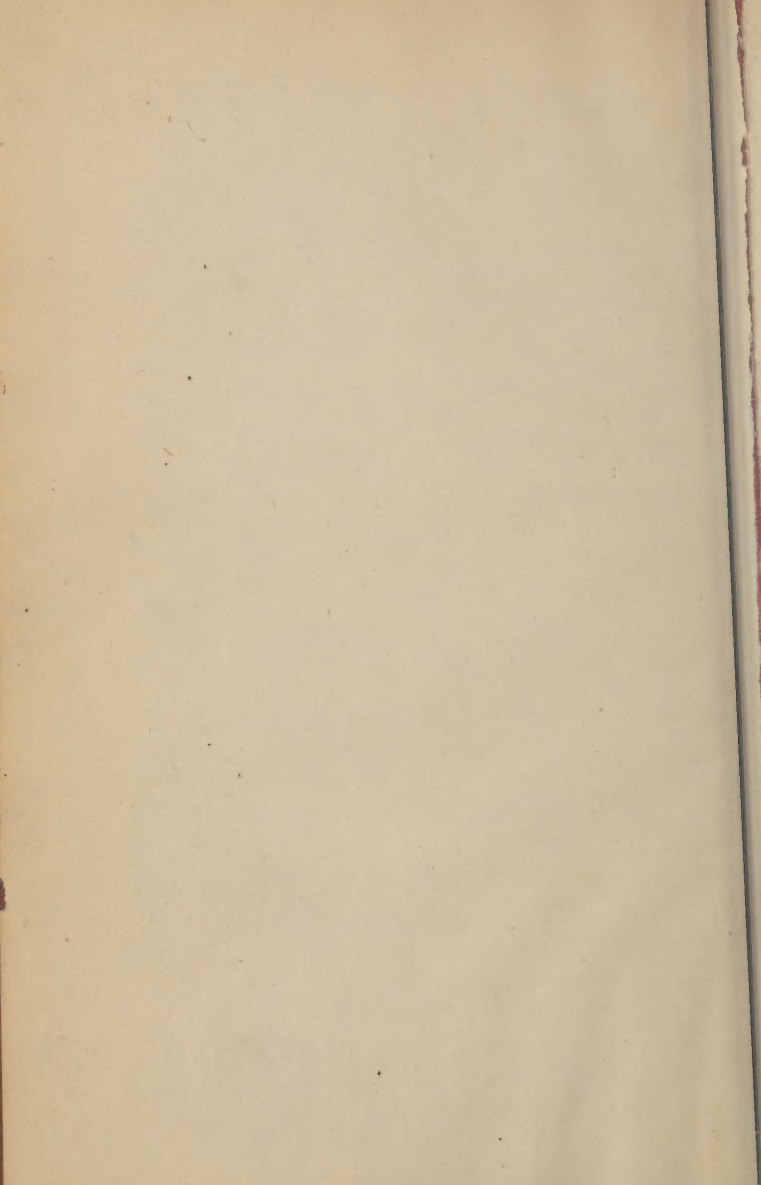
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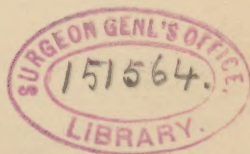


History of
the Introduction, Source,
— Pharmaceutical Composition — and —
Therapeutic Application
of

—CASCARA·CORDIAL—

The
Most Eligible
— Preparation of Cascara Sagrada —
for the Treatment
of

HABITUAL CONSTIPATION, DYSPEPSIA, HÆMORRHOIDS, AND
ALLIED AFFECTIONS.



Compiled from Medical and Pharmacal Literature, and Issued by

THE SCIENTIFIC DEPARTMENT

— OF —

PARKE, DAVIS & CO.,

Manufacturing Chemists,

DETROIT, MICHIGAN,

— AND —

60 Maiden Lane, New York City

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IN OFFERING this descriptive brochure on Cascara Cordia we desire especially to call attention to the following facts, viz:

The claims we make for its medicinal efficacy are thoroughly substantiated by eminent medical authorities of this country and Europe, as well as by the experience of the rank and file of the profession.

The preparation is absolutely unprotected by patent, trade-mark or copyright. Its formula is published and its manufacture is open to the freest competition. From a scientific and ethical point of view, therefore, it is wholly unobjectionable, and may be prescribed by physicians with the same propriety as quinine or opium.

The statements we shall advance, however, apply only to Cascara Cordial of our manufacture. We can not assume the responsibility for any lack of success physicians may meet with in perscribing the many imitations and spurious varieties of Cascara on the market, and would request that those wishing a genuine and reliable preparation specify "P. D. & Co's." on their prescriptions.

ESPECIAL.

INTRODUCTION.

IT IS the purpose of the following pages to submit Cascara Cordial to the medical and pharmaceutical professions as a preparation of peculiar value pharmaceutically and therapeutically. We send it out for collective investigation, accompanied by our *working formula*, believing our claims with regard to it will be fully endorsed by the medical and pharmaceutical world, and that finally it may be accepted by the various pharmacopœias as a contribution from our laboratory to scientific medicine.

Our business, as pharmacists, is to cater to the wants of the medical profession. For this reason our policy is one compatible with their interests.

It is too often the practice of our competitors to present to the profession pharmaceutical preparations protected by a system dangerous to progress in science and the arts. We refer to the proprietary medicine system. By it knowledge is locked up to a secret and everlasting monopoly, and a demand created by an advertising system of fraud, error, and humbug.

We have introduced Cascara Cordial absolutely with no protection whatever, either by the scientific patent system, or the unscientific, secret monopoly, proprietary system, with its abuse of the trademark

and copyright laws. And we have done this so that our policy may be compatible with professional requirements.

SPURIOUS SUBSTITUTES.

The manner in which we present Cascara Cordial wholly unprotected, opens the door to imitations and substitutions, injurious alike to the public, the profession, and ourselves. It is a fraud on the public to imitate our labels or packages in such a manner as to deceive purchasers into the belief that they are using the genuine article, when an imitation has been procured instead, and we propose to prosecute offenders in this direction to the full extent of the law; but any one can manufacture Cascara Cordial, and call it by that name; and, as we can truthfully testify, can manufacture a very poor article out of inferior drugs, and injure our reputation as originators of the preparation thereby. We, therefore, especially request our patrons to use care in specifying (P. D. & Co.), on every prescription where our brand of this article is desired, and we shall endeavor to protect the public, the profession, and ourselves, from fraudulent substitutions, in the proper manner.

CASCARA CORDIAL PACKAGES.

In view of comments which competitors have passed on the form of our Cascara Cordial packages,

i. e., the shape of the bottle and the style of the wrapper, we have been led to offer a few words of explanation. We have adopted the style purely to protect ourselves and our patrons against imposition. It is a fact, and that fact a sad commentary on the commercial methods of certain so-called pharmacists, not only that sundry of the brands of cascara sagrada in the market do not conform to the legitimate standard, but also that no proper pains are taken to secure such conformity.

We are in a position to make this charge advisedly. There are, according to a botanist of repute, who has made the matter one of special study, no less than seven varieties of the rhamnus to be found on the Pacific slope. Many of these varieties are worthless medicinally, yet all resemble each other so very closely in physical appearance as to require an expert to differentiate them. Following our introduction of the drug, competing firms, in order to supply the demand, sent to the habitat of the drug for the crude bark. Inasmuch as this was not kept in stock by the professional drug gatherers, the latter immediately advertised for a supply, and the country groceries of the sparsely settled country were made the purchasing depots. The natives, stimulated by the price offered, were active in gathering the bark, and, as might be expected, the care in the selection of the proper variety, even had they possessed the necessary qualifications, was very imperfect. It is from this source that

the demand for cascara sagrada bark is supplied, and the result is just what would naturally be expected. Having introduced the drug, our name became very closely associated with it, and we were beset with complaints of its inefficacy and reports of its failures. In each instance of such complaints, we took especial pains to ascertain what preparation had been employed, and in the vast majority of instances it was other than ours. Under these circumstances we were driven to have some distinctive designation of our preparation, and we have adopted it by putting our Cascara Cordial on the market in this form. We have selected the Cordial for this distinction, from the fact that the demand for this eligible and palatable combination is so much more extensive than that for the other preparations.

We should state in further explanation that there is no copyright or trade-mark protection on the name Cascara Cordial, nor a patent on the formula, and that it is *intended solely for use on the prescription of the physician*. We neither advertise it to the public, nor accompany it with any literature calculated to introduce it into popular use. We simply avail ourselves of the protection legitimately due the superiority which our careful selection of the crude drug by experts, and a thorough knowledge of the chemical and pharmaceutical peculiarities of the bark, ensure.

THE PREVALENCE OF HABITUAL CONSTIPATION.

WE can not perhaps more appropriately present the advantages of Cascara Cordial as a remedy for the treatment of constipation than by quoting briefly from medical writers a few facts regarding the prevalence of this malady and the inadequacy of the remedial agents hitherto offered to effect its cure.

We quote from a recent article on this subject the following:

"Among the evils that have attended the progress of the race toward a higher state of civilization those resulting from increase of sedentary occupations and the inactivity of the luxurious classes have long been conspicuously apparent to physicians and sanitarians who have given this subject their especial attention.

"Perhaps the chief of these evils from a medical point of view, as it is the most widely prevalent, and pernicious in its effects is *Habitual Constipation* and its attendant train of ills, dyspepsia, hæmorrhoids, nervous prostration, and anæmia.

"Alonzo B. Palmer, M. D., LL.D., in his recent work on the Science and Practice of Medicine in alluding to this important subject very pertinently remarks:

“Many, even of the enlightened members of the profession, do not fully appreciate how injurious are the effects of habitual constipation. The long-continued retention of matter which should be expelled, often undergoing putrefactive changes, is almost certain to be followed by the absorption of materials which contaminate the blood and system. Moreover, the presence of mechanically or chemically irritating materials continually impressing and more or less irritating the intestinal nerves, affects very unfavorably the whole nervous system, especially in sensitive persons, and leads to a great variety of sensory, motor, nutritive, and even mental abnormalities.’ ”

Habitual Constipation has been a fruitful theme for the pen of medical writers, and no aspect of the question has proved more puzzling than that having to do with its successful treatment. The great desideratum in the treatment of chronic constipation has heretofore been a remedy which possessed not only a temporary specific action on the bowels but which would be followed by no reaction and no repression of secretion, and which could be administered for a sufficient length of time to permit of a restoration of normal function, a remedy which should not only alleviate temporarily the existing mal-condition but permanently remove the cause upon which it depended for its continuance, and thus effect a radical cure.

HOW SHALL THE OBVIOUS INDICATIONS FOR TREATMENT BE MET?

The various cathartics and laxatives have in the experience of every physician, signally failed to meet the indications presented.

The discovery of the specific action of Cascara Sagrada on the muscular coat of the intestine, and its power of imparting tone and elasticity to the relaxed intestinal walls, and by this means restoring its natural vermicular movements and thus radically, and permanently relieving habitual constipation led to a very extensive trial of the drug in hospital and private practice, and has established its position in the materia medica as *the most important remedy for the treatment of constipation which therapeutic research has given to medicine.*

The most eligible form for the administration of the drug that has been presented is that offered under the name of Cascara Cordial, in which the medicinal action of the drug is fully preserved, while its inherent bitter qualities have been so skillfully disguised by carminatives and aromatics as to render it especially well adapted for administration to women and children averse to taking unpalatable medicines.

CASCARA SAGRADA—ITS BOTANICAL ORIGIN— MICROSCOPICAL STRUCTURE—AND CHEMICAL COMPOSITION

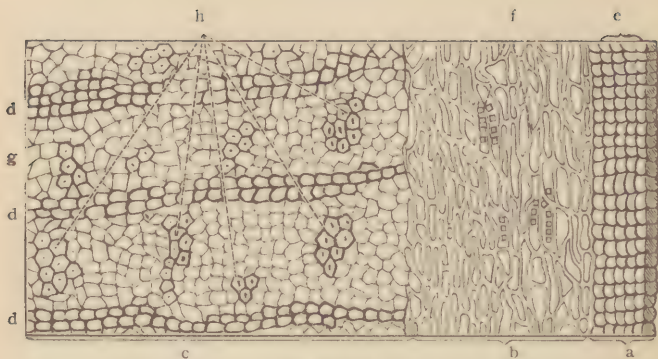
BEFORE proceeding to a consideration of the therapeutic application of Cascara Cordial it may be interesting to present a few facts regarding the botanical origin, microscopical structure, and chemical composition of Cascara Sagrada, the source of the medicinal properties of Cascara Cordial.

BOTANICAL ORIGIN.

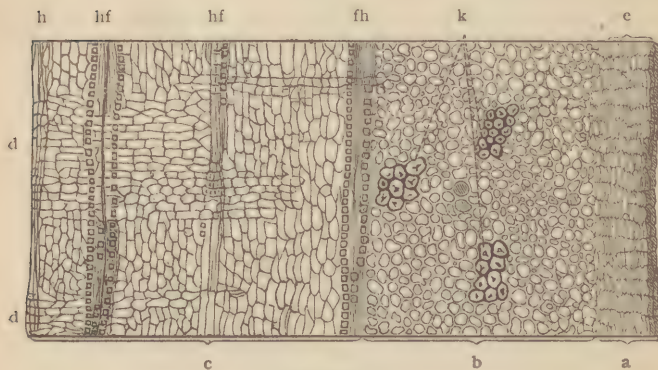
Natural order—Rhamnaceæ. Tribe—Rhamneæ. *Rhamnus Purshianus* De C. (*cascara sagrada*) is a small tree indigenous to the Pacific coast of North America. Its name was given in honor of the renowned Prussian botanist, Frederick Pursh, who, in 1814, first gave it such a description as fixed its place in botany, his investigations being made on specimens received by him directly from the habitat.

The plants of this species of *Rhamnus* attain dimensions of from ten to twenty feet in height, measuring through their trunk from six to nine inches. The leaves are elliptical in shape, from three to five inches in length, by $1\frac{1}{2}$ to 2 inches in their greatest width. They are borne on leaf-stalks about an inch in length. The margin of the leaf is regularly dentate with numerous minute teeth, except at the base. When young, the leaves are covered with a dense pubescence on the under surface, but when old they become glabrous and bright green. The flowers are small and white, and appear after the leaves have matured, being disposed in close, umbellar clusters, on pubescent peduncles, slightly longer than the leaf stalks. The fruit is a plain, round, black berry, about a quarter of an inch in diameter, and contains three seeds.

Rhamnus Purshianus differs from other indigenous species of the *Rhamnus* family in that it is a larger tree and bears a larger fruit. The difference is peculiarly marked as between it and *Rhamnus catharticus*, with which species it has been often confounded.

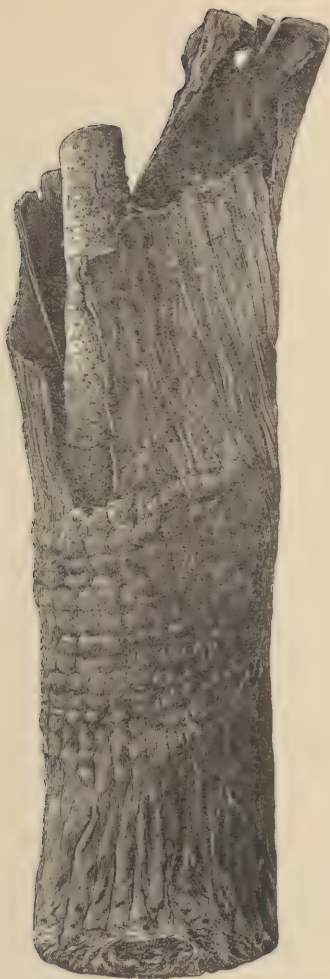


TRANSVERSE.



LONGITUDINAL.

Microscopical Structure of Cascara Sagrada Bark.



Gross Appearance of the Crude Cascara Sagrada Bark.

MICROSCOPICAL STRUCTURE.

Report from Albert B. Prescott, M. D., Professor of Organic and Applied Chemistry and Pharmacy, University of Michigan. (New Preparations, February, 1879, p. 27.)

The corky layer (a) of the bark consists of the outer epidermis of dark brown withered cells, then several rows of cells filled with a dark red coloring matter (c), and in the more recent bark, a row or two of cells containing chlorophyll. The red color (c) is soluble in ether, alcohol, potassium, hydrate solution (with dark brown color), insoluble in acetic acid.

The middle bark (b) is made of parenchymatous cells, which are filled with small starch grains. There are visible, also, in the transverse section, several groups of cubical crystals (f), and, in the longitudinal section, groups of very thick-walled yellow cells (k). These cells (k) are not noticeably affected by the ordinary reagents.

The inner bark (e) consists principally of yellow medullary rays (d), separated by bast parenchyma (g), through which are scattered numerous yellow bast fibres (h). As seen in longitudinal sections, these fibres (h) are frequently surrounded by small cubical

crystals (f), which appeared not to be affected by hydrochloric acid.

Almost the entire inner bark and parts of the middle bark are turned cherry-red color by contact with potassium hydrate solution.

CHEMICAL COMPOSITION.

The following report regarding the chemical composition of *Cascara Sagrada* was also made by Prof. Prescott (New Preparations, February, 1879, p. 28): 1. A brown resin, of strong, bitter taste, colored with vivid purple-red by potassium hydrate solution. This resin is contained mostly in the middle and inner layers of the bark. It is sparingly soluble in water, freely soluble in alcohol and dilute alcohol, scarcely soluble at all in absolute ether, soluble in chloroform, soluble in benzole (of coal tar), and in carbon disulphide; soluble in caustic alkali solution, with splendid color above mentioned, and precipitated from this solution by acids. Concentrated sulphuric acid colors it blood-red. It is removed from alcohol solution by animal charcoal.

2. A red resin, nearly tasteless, colored rich brown by potassium hydrate solution. It is insoluble in water, soluble in alcohol and dilute alcohol, not freely soluble in ether, or chloroform, or carbon disulphide; soluble in caustic alkali solution, with the

brown color above mentioned, this solution being precipitated by acids. Concentrated sulphuric acid deepens its color, brownish-red. It is not removed from alcohol solution by animal charcoal. In the bark, it **resides in the corky layer. (a)**

3. A light yellow resin, or natural body, tasteless, colored bright red-brown by sulphuric acid, not colored by potassium hydrate solution. It is insoluble in water, soluble in hot alcohol, sparingly soluble in cold alcohol of 70 per cent., soluble in chloroform, in carbon disulphide, and to some extent in benzole (of coal tar). In the concentration of its solution, it deposits in pale orange yellow granules. Its alcoholic solution gives negative results with the general tests for alkaloids.

4. A crystallizable body, obtained from absolute alcohol solution, in white double pyramids, and some other forms of the dimetric system. The crystals melt and then sublime, at a temperature a little above the water-bath, the sublimate being partly crystalline. This substance is not appreciably soluble in ether, chloroform, or petroleum ether; is slowly soluble in absolute alcohol, slightly soluble in 70 per cent. alcohol, soluble in benzole (of coal tar). It is neutral to test-papers, and is not dissolved by potassium hydrate solution, by acetic acid, or dilute sulphuric acid. It is not colored by potassium hydrate solution, concentrated sulphuric acid, nitric acid, Frøehde's reagent, or sulphuric acid, followed by dichromate. The alcohol

solution gives negative results with the general test for the alkaloids.

5. A tannic acid, giving brownish-green color, with ferric salts.
6. Oxalic acid.
7. Malic acid.
8. A fat oil, of yellow color.
9. A volatile oil, not abundant, bearing the characteristic odor of the bark.
10. Wax.
11. Starch in abundant quantity.

The proportional quantity of the resins, 1, 2, and 3, is indicated pretty nearly by the quantity of resin extract obtained as follows: An acidulated alcohol solution of the bark was neutralized (with ammonia), and evaporated, the residue dissolved in dilute potassium hydrate solution, this solution precipitated by dilute hydrochloric acid, and the precipitate drained and dried at gentle heat. (The filtrate contained some resin, 1, and the precipitate retained, of course, the dissolved substances not washed out). This crude resin extract (chiefly bodies 1, 2 and 3), was about 10-per-cent. of the weight of the bark.

The substances numbered 3 and 4 appear particularly to deserve further chemical investigation, which I hope to be able to give them. The chemistry of the Rhamnaceæ is of decided interest, especially within a few years past. *Rhamnus Frangula*, the

European buckthorn, or black alder, has been reported by Lieberman and Waldstein (1876) to contain emodin, a well-determined constituent of rhubarb, allied to chrysophane, and chemically a derivative of anthracene. Further, the investigators just named find it nearly, or quite certain, that frangulin is capable of ready change to emodin, by glucosic fermentation. This may be associated with the well-known fact that the bark *Rhamnus Frangula* changes in therapeutic properties by storing. It has both emetic and purgative action in the first year after gathering, but when two years old, retains only the purgative power—one much like rhubarb—so that some authorities positively direct that it be not used until two years after gathering. The glucosic fermentation of frangulin into frangulic acid has been known for some time, but the like formation of emodin, a constituent of rhubarb, seems a step nearer some chemical explanation of the change of medicinal power characteristic of the bark. The material worked by Lieberman and Waldstein was a large quantity of residual extract of a large quantity of frangula bark worked by the manufacturer, Merck.

The chemical constituents of *Rhamnus Purshianus*, though not determined in this analysis to be, in any compound, identical with constituents of *Rhamnus Frangula*, yet show several similar reactions, especially in the case of "brown resin, 1." The *Rhamnaceæ* very probably contain, in different species, allied bodies,

some of them related to others as parent and product, but having practically distinct medicinal powers. These powers, of course, are known only by physiological and therapeutic trial.

CASCARA CORDIAL (ELIXIR RHAMNUS PURSHIANUS).—DEFINITION, HISTORY, COMPOSITION, PHARMACY, AND THERAPY.

DEFINITION.

CASCARA Cordial is a preparation made from the barks of *Cascara Sagrada* (*Rhamnus Purshianus*) and *Berberis Aquifolium*, with addition of carminative aromatics and appropriate flavoring ingredients, for the treatment of habitual constipation, dyspepsia, indigestion and hæmorrhoids.

HISTORY.

Cascara Cordial was introduced by Messrs. Parke, Davis & Co., manufacturing chemists, in 1879. Their observations were founded on the writings of Dr. J. H. Bundy, of Colusa, California, the introducer of *Cascara sagrada*, and *Berberis aquifolium*, its principal ingredients.

Messrs. Parke, Davis & Co. also took a prominent part in the introduction of both of the drugs which give the cordial its large reputation. Acting in the line of their duty as pharmacists they obtained a large supply of the drugs, and had them extensively tested by the medical profession, at their own expense, the

only pay for their work being a demand thereby created which they share in common with the pharmaceutical profession at large.

COMPOSITION.

Cascara Cordial combines the medicinal properties of *Cascara Sagrada* (eccoprotic), and of *Berberis Aquifolium* (alterative) with those of aromatic (carminative), and of small doses of an alcoholic stimulant. We have already explained the peculiar action, as a laxative tonic, of the first of these constituents. *Berberis Aquifolium* is said to be an alterative, by which we are to understand, an agent capable of hastening the processes of tissue metamorphosis, and the elimination of the waste products. In cases of chronic constipation, not only are the bowels torpid and inactive, but the absorbents throughout the body perform their work sluggishly and imperfectly, so that the whole system becomes poisoned by the accumulation of excrementitious materials. It is the peculiar property of alteratives to stimulate the activity of the eliminative apparatus, and therefore such an agent is a valuable adjuvant of the operation of a laxative. The effect of minute doses of alcohol, in aiding digestion adds, also, to the efficiency of the cordial, while its operation is rendered less harsh by the corrective influence of the aromatics which enter into its composition. The medicinal efficacy of the

preparation is heightened also by the fact that the natural bitterness of the drugs employed is so effectually disguised by the use of flavoring ingredients, that the patient takes the cordial with none of the feeling of self compulsion with which he would swallow a dose of ordinary medicine. At the same time the proportion of alcohol in the cordial is so small, and its medicinal character is so pronounced, that the patient runs no risk of acquiring a fatal fondness for an alcoholic stimulant.

PHARMACY.

Formula for Cascara Cordial :

℞ Cascara sagrada bark (true Rhamnus Purshianus).....	100 grms.
Berberis Aquifolium root, true.....	37 “
Diluted alcohol.....	233 “
Coriander seed.....	17 “
Angelica root.....	2 “
Oil of anise,	
“ orange.....	0.13 “
“ cassia.....	0.005 “
Granulated sugar.....	288 “
Fluid extract licorice.....	12 “
Tincture of cudbear.....	q. s.
Water, q. s. to make of finished preparation	one litre.

DIRECTIONS.—Make a decoction of the cascara and water at 212° F. and filter, then dissolve the sugar in resulting liquid. Pack the coriander, angelica and

berberis (in coarse powder) in a percolator, and displace with the alcohol, in which the oils have previously been dissolved. Lastly, mix the cascara solution, the aromatic tincture and the tincture cudbear together, and add the fluid extract licorice.

THERAPY.

The therapy of Cascara Cordial is founded on logical theories deduced from analyses of the drugs which form it, and the subsequent clinical experience gained by its use. As it is the purpose of this *brochure* to call special attention to this article as a compound peculiarly calculated to effect certain definite purposes, rather than to go into an elaborate description of the therapeutics of its ingredients, the reader is referred to our working bulletins on *Cascara sagrada*, and on *Berberis aquifolium*—which will be sent on application—for a more extended description of their chemical composition and physiological action.

Universal testimony seems to be that often when the whole list of aperients, cathartics, and intestinal tonics have been tried in vain, as far as permanent benefit is concerned, the use of Cascara sagrada has effected a cure. Habitual constipation, dyspepsia, indigestion, and hæmorrhoids, depending, as they usually do, on the same causes, and being a set of symptoms indicating to a great extent the same gen-

eral treatment, it is not surprising that cures of one or all of these distressing conditions should be reported. Our correspondents both in America and Europe are prolific in their praise of the pharmaceutical elegance and therapeutic efficacy of the cordial.

Voluminous reports of physicians testifying to the efficacy of Cascara Cordial are in our possession, many of which have been printed in our Working Bulletin for the scientific investigation of this preparation, which it will give us great pleasure to mail to those interested in the narration of clinical cases.

The case reported by Dr. F. E. Stewart, M. D., Ph. G., in the following extract from an article from the pen of this writer, entitled, "Cascara Cordial in the Treatment of Habitual Constipation," illustrates the tenor of the reports received:

"My observations concerning Cascara sagrada extend over several years, and embrace more than sixty cases, treated in hospital and private practice in the cities of New York and Philadelphia. The following case is a typical one of a great many that are continually brought to my notice.

TYPICAL CASE OF HABITUAL CONSTIPATION PERMANENTLY RELIEVED BY CASCARA CORDIAL.

Mr. E. S. came to me complaining of habitual constipation, with which he had been suffering for three years past. He complained at the same time

that he experienced a sense of uneasiness during the digestive process, though, for a short time after taking food, this symptom disappeared. At other times he experienced a feeling "as though he had swallowed a small potato and couldn't get it down." Belching of wind after meals, acid eructations, oppression and difficulty of breathing were frequent symptoms; also flatulency—the abdomen becoming sometimes greatly swollen, appetite variable, generally feeble, sometimes ravenous. Tongue somewhat enlarged, pale, and flabby, at other times coated, especially in the morning, at which time a bad taste in the mouth was present on rising. Tonsils were enlarged, uvula relaxed, and voice husky, with a tendency to continually clear the throat. Weak, excitable, compressible pulse. Palpitation of the heart on exertion. Extremities cold. Urine pale, of low specific gravity, loaded with phosphates. Memory very much impaired, mental exertion attended with great fatigue. Marked nervous prostration. Drowsiness after meals, restlessness, temper irritable, patient easily worried though sanguine in disposition. To this was added constipation, which had now taken on a serious type, for the patient had finally got into such a condition that the bowels had apparently stopped all action, and added to this he found it impossible to force an injection beyond the fecal mass that had accumulated in the rectum. It was for relief from this distressing symptom that he appealed to me.

A digital examination revealed a prolapsed rectum, which, owing to loss of tone, and pressure from superincumbent fæces and straining at stool, had been pressed down, forming a valve that completely occluded the bowel above the *internal* sphincter, allowing nothing to pass it from above, or an injection to penetrate it from below. The bowel was easily replaced by the finger, and the rectum thoroughly washed out with an enema of soap and water, and the patient directed to keep it clean by this means, returning the bowel when prolapsed by means of his own index finger, thoroughly oiled for that purpose.

I found the rectum filled with small, hard, dry balls of fæces, very much reminding one of sheep-dung. This had to be removed by the finger before the bowel could be placed again in its proper position. Passing the finger further up into the rectum, after thoroughly cleaning it out as described, I found the tube very much narrowed by the folds caused by its prolapsed condition, adding another mechanical difficulty to the voiding of its contents.

After this examination I inquired more fully into the history of the case, curious to know what had been the cause of bringing on such a complicated condition of affairs, and obtained the following very interesting account.

At the time he presented himself his age was thirty years, and this complaint for which he came was

first noticed five years previous to this. He was born in New York, by occupation a clerk, very closely confined to business. Constitution and general health good until then, though a hereditary predisposition to nervous diseases. Of a highly "nervous" excitable, and sanguine temperament. In his early youth had cerebral meningitis and hemiplegia, from which he had a good recovery, with a long, slow convalescence. Hygienic influences at present excellent, though formerly exposed to, and a victim of, the ague. Habits and mode of life temperate; but he had been subjected to long-continued mental strain and business worry, which was evidently the exciting cause of the present trouble.

His symptoms came on one by one,—were sometimes better, and sometimes worse. He had appealed to physicians several times, and had been treated for dyspepsia by one, congestion of the brain by another, and malaria by several. Cathartics, aperients, tonics, quinine, etc., had been given him at various times and with various results. But the general tendency was to grow worse and worse, till, discouraged and wretched, recommended by other patients similarly troubled, that I had successfully treated, he appealed to me for help.

I diagnosed his case as one of atonic dyspepsia and habitual constipation brought on by worry and confinement. Ordered him to take a certain amount of out-door exercise daily, especially to walk whenever opportunity offered, and gave him the fol-

lowing prescription: Before meals, a teaspoonful of Cascara Cordial (P., D. & Co.); and after meals, half a teaspoonful of dilute muriatic acid (U. S. P.), with three grains of pepsin (P., D. & Co.) in water.

I was obliged to increase the dose of cordial before sufficient action on the bowels was obtained. The patient commenced immediately to improve, the belching ceased, or nearly so, the tongue improved, eye brightened, and life became again worth living, and in a week he came back, perfectly delighted to report progress. His bowels had moved daily under the increased dose, but not freely; and once, when he had neglected to go to stool, owing to being busily engaged at the usual time for this operation, he was obliged to remove the contents of the rectum with his finger before he could effect a passage. But for all that, so marked was his improvement in feeling, that he was well satisfied with my treatment.

Guided by my experience in other cases, however, I cautioned the patient not to be too sanguine, but to report again in a week. He did so, saying that for several days the improvement had continued, then he became so occupied in business that he forgot all about his medicine, and was now as bad off as ever. A purge of Rochelle salts was ordered, and another course of the medicine. For several weeks he now showed marked improvement, sometimes, however, deceived into the belief that no more medicine was

needed, he omitted his customary doses, to find his mistake, and again improve on its renewal.

I now dropped the use of the pepsin and hydrochloric acid, giving in place of it the following tonic: Citrate of iron and quinine, one drachm; glycerine, one fluidounce; sherry wine, sufficient quantity to make eight fluidounces. One or two teaspoonfuls before meals. The cordial was continued in teaspoonful doses, three times daily, with the other medicine. From now the improvement was most marked, and in about six months from the time of his first visit, the bowel had nearly regained its natural tone, the prolapsus had disappeared, and a regular habit established in place of the former constipation.

It is my opinion that *Cascara sagrada* is the most valuable laxative in the materia medica. Properly employed, it is capable of yielding the most brilliant results. The cordial is an elegant form for administering it, and is easily borne by the most delicate stomachs. Again, the remedy is often effectual when other drugs have failed. One case in particular at my clinic, when one of my colleagues failed with various compounds of aloes, colocynth, etc., saline laxatives and the use of anti constipation pills of several varieties, yielded readily to the cordial given in teaspoonful doses three times daily.

I have seen *Cascara sagrada* fail, but rarely, and the failures have been so exceedingly rare as not to

qualify my opinion in regard to its great value in the least. I have seen it compared with the other species of Rhamnus, the Rhamnus catharticus, with results which prove its superiority. But before the drug should be set aside in any case, different doses should be employed, for it is certainly true that its effects differ with different individuals. *This is very important.*

A case in point occurred under my observation. I saw Cascara Cordial condemned by a physician at the New York hospital, because a certain patient took two ounces of it without effect, while at the same time I have had patients who were obliged to reduce the dose to five drops to prevent too much effect. I have seen physicians of high standing, both in Philadelphia and New York, who ought to know better, expect cures from Cascara Cordial without attention to exercise and hygiene—a thing they would not expect from any other drug. I claim that, from abundant experience, Cascara sagrada will do more to cure cases of habitual constipation than any drug known, all things being equal, and the test being a fair one, and in this I am borne out by eminent authorities both in this country and abroad.

DOSE OF CASCARA CORDIAL AND ELIGIBLE FORMULÆ FOR ITS ADMINISTRATION.

The dose of the cordial as a laxative is from one-fourth to one teaspoonful, increased, if necessary, twice a day, night and morning. The minimum dose should be commenced with and gradually increased until the stools are softened by it, and then the administration should be continued in that dose for several months before it is discontinued, which should be done in gradually decreasing doses. In the treatment of constipation by means of Cascara Cordial, patience is an element of success. The patient must be impressed with the fact that the object of treatment is rather to permanently remove the cause of the constipation than to temporarily remove the symptom. The remedy should never be increased to cause catharsis. When for any cause a cathartic may be deemed necessary or desirable, there are others, as, for instance, rhubarb, or some resinous cathartic, which are to be preferred.

Some patients do not seem to be affected by the cordial even when taken in doses of a fluidounce. In such cases a few drops of the fluid extract added thereto will generally be sufficient to produce the desired results. In a few obstinate cases it may be necessary to abandon the cordial altogether and resort to

the use of the fluid extract, either alone, or combined with some pleasant disguise. Dr. Rex, of Philadelphia, is in the habit of prescribing the following:

℞ Fl. ext. cascara sagrada,
Syr. sarsaparilla comp.,
Glycerine, ää ʒ j.

M. S. Teaspoonful three times daily.

Dr. F. E. Stewart recommends the following formulæ:

IN CONSTIPATION WITH HEPATIC TORPOR.

℞ Cascara cordial, ʒ ij.
Fluid extract wahoo, ʒ j.

M. Dose, two teaspoonfuls.

IN CONSTIPATION WITH EXCESSIVE DRYNESS OF
STOOLS.

℞ Cascara cordial, ʒ jv.
Fl. ext. lobelia, ʒ ij

M. Dose, two teaspoonfuls.

IN CONSTIPATION WITH GASTRIC DEBILITY.

℞ Cascara cordial, ʒ iijss.
Fl. ext. rhubarb.
Dilute nitro-muriatic acid, ää ʒ ij.

M. Dose, two teaspoonfuls in infusion of quassia.

Dr. J. H. Bundy, who first introduced Cascara sagrada, was accustomed to use, with gratifying success, the following formula, in which for the fl. ext. Cascara sagrada and syrup an equivalent amount of Cascara Cordial might be substituted with advantage:

CONSTIPATION WITH DEFICIENT SECRETION.

℞ Fl. ext. cascara sagrada.

Syrup.

Water, ää $\frac{3}{4}$ i.

M. Sig. A teaspoonful three or four times daily.

DYSPEPSIA WITH CONSTIPATION.

℞ Fl. ext. cascara sagrada, $\frac{3}{4}$ i.

Fl. ext. berberis aquifolium, $\frac{3}{4}$ i.

Syrup (or ext. malt), $\frac{3}{4}$ ii,

M. Sig. One teaspoonful three times daily.

CONSTIPATION WITH GASTRIC IRRITABILITY.

℞ Fl. ext. cascara sagrada, $\frac{3}{4}$ ss.

Fl. ext. berberis aquifolium, $\frac{3}{4}$ i.

Acid. hydrocyanici dil., 3 i.

Syrup (or ext. malt) q. s. ad. $\frac{3}{4}$ iv.

M. Sig. Teaspoonful after meals and at bed time.

CONSTIPATION WITH DEFICIENT MUSCULAR TONE OF
STOMACH AND BOWELS.

℞ Ext. cascara sagrada, $\frac{3}{4}$ i.

Ext. of malt, $\frac{3}{4}$ ii.

Syrup, $\frac{3}{4}$ ii.

M. Sig. Teaspoonful three or four times daily.

The list of such combinations might be made very extensive, as Cascara Cordial has few incompatibles. These combinations, moreover, need not necessarily be confined to meeting the indications in constipation, the pleasant carminative nature of the cordial making the range of its applicability, particularly in affections of the alimentary tract, very extensive. While it should not be given in cathartic doses when its permanent effects are aimed at in constipation, it may nevertheless be employed as an agreeable corrective, adjuvant and excipient for other cathartics.

CASCARA CORDIAL AS A VEHICLE FOR OTHER REMEDIES, ESPECIALLY THOSE OF A NAUSEOUS CHARACTER.

DURING the past couple of years we have received so many unsolicited testimonials to the efficiency of Cascara Cordial as a vehicle for the administration of drugs which are offensive to the palate, that we were induced to test the range of its applicability to this end. The result of our experiments has strongly corroborated the reports, and justifies us in asking for this preparation a trial in the prescriptions of nauseous medicines with *special reference to quinine*.

It requires no argument to convince physicians of the desirability of palatability in mixtures, but the important matter has been neglected, to the detriment of regular medicine in the regard of the public, chiefly because of the existence on the market of no agreeable and reliable excipient which could be ordered on prescription, and thus obviate the danger of changing the medical nature of the compound which exists when the druggist is given a *carte blanche* order to make the mixture agreeable. When the peculiar tonic laxative properties of Cascara Cordial are considered, its value as an excipient in a large number of cases, will be all the more apparent.

CASCARA CORDIAL IN COMBINATION WITH
OTHER LAXATIVES.

The distinctive property of Cascara Sagrada is its tonic laxative action, and properly administered, in cases of constipation due to atony, of the muscular fibre of the intestines, it is beyond question the most valuable remedy of the materia medica. It is because such atony is the vastly preponderating cause of constipation that this drug, even when given empirically in this symptom, is so uniformly successful. But there are other causes of constipation,—causes sometimes, though extremely rarely, existing alone, but usually associated with lack of tone in the non-striated muscular fibre. In such cases the mere restoration of tone will not be sufficient to cause normal defecation. The associate causes must be discovered and removed. Thus, hepatic torpor may be a complication, or the glands of the mucous membrane may fail to secrete the fluids necessary to normal solubility of the fæcal mass, etc. While cascara sagrada has cholagogue properties and acts also as a tonic to the mucous tissue, its distinctive action is not in either of these directions, and in many cases adjuvants may be necessary to meet these complications. The intelligent physician will, before condemning Cascara because of its failure in such cases, review his diagnosis with a view to discovering to what other causes than atony of the muscular tissue of the intestines the constipation is due. He will find in Cascara Cordial a very agreeable excipient for the exhibition of his adjuvants to Cascara sagrada.

HOW TO INSURE THE FULL EFFICACY OF CASCARA CORDIAL.

THE failure of a remedy to produce its natural medicinal effect occasionally depends on the individual idiosyncrasy of the patient and his insusceptibility to its influence. More often, however, such failure depends on a lack of the proper recognition of existing causes interfering with the proper action of the drug—causes which, when intelligently appreciated are readily removable—or on the impurity or spuriousness of the preparation of the remedy used.

A study of the responses elicited by the following queries which we quote from a well-known medical writer will afford the information necessary to suggest to the physician that combination of tonic and remedial agencies indicated in each individual case.

Question 1.—What is the cause of the constipation?
Habitual constipation is produced by various causes. It may be brought about by the peculiar nature of the diet. It may depend upon a deficiency or a faulty composition of the intestinal secretions, or upon disorders of those neighboring glands which pour their secretions into the intestines. It may result from impaired power of the bowel to propel its contents, the consequence either of some mechanical interference with its action, or of nervous influences, or of ex-

posure to the poisonous effects of certain substances, as of lead.

Question 2.—What are the patient's habits as to amount and quality of food and drink? Cases of constipation frequently occur from insufficient food or drink, or because of food deficient in the elements of waste. Proper attention should be paid to these important points in the employment of Cascara Cordial in the treatment of habitual constipation. Cases are reported when the use of the Cordial taken in a glass of *hot water* at night, or before breakfast, has proved of benefit.

Question 3.—Does the patient take a proper amount of muscular exercise? It is a well-known fact that when the voluntary part of the muscular system is inactive, the involuntary is apt to sympathize, and a general stagnation is apt to follow.

Question 4.—Is the patient suffering from anæmia or general debility? Impoverished blood is not capable of generating that amount of nervous energy sufficient to carry on the functions of the alimentary canal. Anæmia and general nervous debility will often account for habitual torpidity of the bowels.

Question 5.—Is the patient engaged in absorbing mental occupation? It is a physiological law that the continuous employment of one organ will deprive other organs of their proper supply of blood and nervous energy, and thus result in impaired function.

This is especially true with regard to the brain in its relation to the alimentary canal.

Question 6.—What is the condition of the liver and its secretion? So much stress has been laid on deficient bile as a cause of habitual constipation that a thorough investigation of this point is desirable.

Question 7.—What is the habit of the patient in regard to defecation? A habitual neglect of the calls of nature is one of the most prolific causes of constipation, and a regular habit should be established if a cure of the condition is expected.

Question 8.—Is the patient subject to profuse perspiration, excessive urination, or other discharge of the fluids of the body in undue amount? Any cause depriving the secretions of water will result in constipation.

Question 9.—Is the patient suffering from any organic disease, and if so state what? Organic diseases of various kinds are prolific causes of constipation by their drain on blood and vital force. An organic disease of the stomach, resulting in impaired digestion is a cause to be carefully noted.

Question 10.—Atonic dyspepsia is a frequent cause of constipation. Is it in the case you are treating?

The facts elicited by these queries should be taken into consideration, and due allowance made for them in prescribing the cordial.

Disappointment in the results of the administration of *Cascara Sagrada* is due either to the employ-

ment of inferior or spurious varieties, or to the improper use of the true drug and the non-observance of proper dietetic and hygienic rules. Constipation is essentially a symptom of a functional disease of the intestines, this disease consisting usually of a diminished tonicity of the muscular coats, resulting directly in the impairment of the normal vermicular contraction. As is the case with other diseases it is the result of a cause, and in its treatment, as in the treatment of other diseases, that cause must first be removed. This cause is very generally due to indiscretion in diet, undue quantity and improper quality of food, irregularity in the habit of evacuation, and deficiency of systematic exercise. To secure the best results from Cascara these must be corrected.

Cascara acts curatively in constipation by imparting tone to the muscular coats of the intestine, and is most effective to that end when administered in small doses. In large doses it acts as a cathartic, and thus like all other cathartics given in constipation, it defeats the very end for which it is given, by weakening the bowels by its violent action. If, in prescribing Cascara, physicians will endeavor to remove the causes we have alluded to, which tend to render the drug inoperative, and will insist on a proper diet, abstinence from alcoholic liquors, which unfavorably influence the liver, regular habits of exercise, and the observance of regularity in the time of seeking an evacuation, they will find this remedy entirely satisfactory.

HOW TO OBTAIN A GENUINE PREPARATION.

The only efficient way of guarding against the cause mentioned as being often responsible for failure to secure the medicinal effect of a remedy, viz., the impurity or lack of genuineness of the preparation prescribed, is for physicians to specify in prescribing the product of a manufacturer whose facilities for obtaining pure supplies, experience in manufacture, and reputation is a guarantee of the genuineness, purity and medicinal value of the preparation such an one places on the market.

CLINICAL REPORTS FROM PRIVATE AND HOSPITAL PRACTICE.

CASE 1.*—I have tested Cascara Cordial in my own family, in a case of obstinate habitual constipation which had resisted all other remedies. It gives me great pleasure to be able to state that it has met all the indications in the most satisfactory and agreeable manner. In my career as a student and physician, a matter of twenty-seven years, I have never seen anything to equal it. Indeed, the satisfaction is so great that were it possible to use more forcible language I should certainly do it. I shall take pleasure in speaking of it to my professional brethren.

CASE 2.†—A sample of this elegant elixir, which I have been submitting to a test, has produced very excellent results. A gentleman who has been one of my patrons for a number of years, has given me a considerable amount of trouble because of the chronic constipation with which he has been afflicted. The whole list of aperients, cathartics, and intestinal tonics had been tried in vain as far as regards permanent benefit. I placed him on cascara cordial, but the very pleasant

* Thos. J. Wheeden, 53 Sands Street, Brooklyn, N. Y., in the *Therapeutic Gazette*, 1880, p. 195.

† R. C. Kinnaman, M. D., Ashland, Ohio, *Therapeutic Gazette*, 1880, p. 226.

taste of the mixture made it very difficult for me to induce him to persevere in its use. His was an aggravated case, and he thought that relief could only come through something "powerful;" that is, I suppose, something which by its taste and smell suggested "power." The dose was gradually increased until laxation of the bowels was secured. It was continued at this dose until the evacuation became regularly diurnal, after which it was discontinued. No return to the cordial has thus far been necessary.

CASE 3.*—I received a sample of this elegant preparation some time since, with the request that I subject it to a trial. A few evenings afterwards a gentleman consulted me for chronic constipation. He had tried various remedies and combinations without satisfactory results. I handed him the sample of Cascara Cordial left with me, with, I confess, very little faith in the mild and pleasant mixture. Two weeks after, the patient called and assured me that he had followed my instructions for a few days—a teaspoonful before each meal and at bedtime—and had secured copious defecations without the griping and flatulency attendant on the use of the laxative or cathartic pills to which he had been accustomed; that he has had full and easy evacuations since stopping the medicine, and has had more relief from the little vial than he

* J. Harvey Lyon, M. D., Mason, Mich., in the *Therapeutic Gazette*, 1880, p. 331.

ever secured from the abundance of medicine that had cost him many dollars.

CASE 4.*—Chas. Z., aged nine; U. S. From birth he appeared to be a strong healthy baby. When eighteen months old, he had summer trouble, which left him in a weakened condition. At the age of five years he had what the doctors called typhoid fever; he was sick two months. Since that time he has had more or less trouble with his bowels. He would go a week without any movement; then after taking a cathartic, he would suffer from a diarrhœa, which would last a week or ten days, and would leave him in such a weak condition as to compel him to go to bed.

March 3.—Present condition: loss of appetite, cachectic, with yellow, anæmic complexion; pain over abdomen; bowel distended; has not had a movement since February 28, although the mother has given him several cathartic medicines. I told the mother to give the patient a sponge bath, night and morning; to commence with warm water, and gradually lower the temperature until the thermometer indicated 60° F.; to give him milk and lime water. Ordered the fluid extract of *Cascara sagrada* in fifteen minim doses, in a little coffee, every three hours, till the bowels moved freely; also to take thirty minims of dialyzed iron three times a day.

* Herbert C. Rogers, M. D., Surgeon to the Long Island College Hospital Dispensary, in the *Philadelphia News*, Nov. 10, 1883.

5th.—Mother reports that the boy's bowels have moved three times since the morning of the 4th, the last time very freely. Told her to keep on as before, with the exception that she is to give the Cascara fifteen minims night and morning, and report to me in one week.

13.—Patient called with his mother this morning at my office. He looks better, and says he feels better. The bowels have moved two or three times a day since last note; appetite improved; sleeps better at night; complained of the bad taste of the medicine, and asked me if I could not give it in pill form. If I could not he would try and take it. Will not give it up, as he says it is the only thing that has helped him since he began to suffer from his trouble. I gave the cordial in place of the fluid extract.

April 2.—Met the patient on the street. His mother says he was never better; his bowels move once or twice each day; appetite is good; has not taken any of the medicine for the last week. I advised the mother to give him the medicine whenever he showed signs of a return of the old trouble.

Here was a case of constipation in a boy, which had lasted nearly four years. He had taken various remedies and combinations with little or no success. I must confess that I had but little faith in the preparation. The result, however, has been most gratifying, both to the parents of the child and to myself.

CASE 5.*—Harry O., male, aged ten months; has suffered from constipation since birth. The mother has tried several domestic remedies, with but little success. I told the mother to give him thirty minims of the cordial *Cascara sagrada*, night and morning, every other day, until his bowels moved naturally. A few days later the mother called at my office, and said that the medicine not only helped baby, but herself also, who was troubled with constipation.

CASE 6.†—Frank B., aged 50, called at my office July 6. He had been on a spree for the last week. He has been unable to keep anything on his stomach for the last two days. Bowels have not moved for nearly a week; muscles flabby and tremulous. Ordered fluid extract of *Cascara* for his constipation, and ten minims each of *tr. capsicum* and *tr. of nux vomica* in Vichy water three times daily—the *Cascara* to be taken night and morning.

July 7.—Patient says he is better; vomited the first two doses of the *capsicum* and *nux vomica*; has been able to retain the *Cascara*. Bowels have not moved, although he has some pain. I told him to continue as before, and report to me in two or three days.

10th.—Patient called at my office this morning. He said that his bowels had moved freely on the after-

* Ibid.

† Ibid.

noon of the 7th. Has been taking one dose of Cascara daily since. I told him to omit the medicine as long as his bowels moved freely once a day, but to continue on with the nux vomica and capsicum for another week. Met patient a few days ago. He told me he had never taken such medicine; that both he and his wife had been great sufferers from constipation, but that the medicine had cured them completely.

CASE 7.*—Was sent for to see H. R., a young lady aged 24, suffering from obstinate constipation, which had continued for a period of over two weeks. She had been treated previously to my visiting her by purgatives, which produced pain and vomiting, and a feeling of general uneasiness, together with ineffectual efforts to have an evacuation. Ordered milk and lime-water and one teaspoonful of cordial of Cascara every three hours, until the bowels began to move.

4th.—Patient's bowels have moved once yesterday; is suffering some pain; has not vomited since last evening. Advised the same treatment to be continued as was ordered yesterday.

5th.—Patient says she feels better. Since the afternoon of the 4th her bowels have moved four times, the last time very freely. I told the patient to omit the Cascara as long as the bowels moved once daily, but to resume it whenever she went over one or two days without a movement.

* Ibid.

CASE 8.*—A family, consisting of father, mother, and two daughters, one 30, the other 17, all sufferers from constipation, took Cascara with the best results. I might go on naming case after case, but I think the few above quoted are sufficient. It is well to remember that the medicine is to be used in small doses, and special attention should be given to see that the preparation is reliable. I have been disappointed two or three times in the use of what proved to be poor preparations.

CASE 9.*—A gentleman of about 50 years of age came under my care suffering from "biliousness," bad taste in the mouth, coated and foul tongue, conjunctiva yellow, constipation, flatulency, and drowsiness, for which I had tried many medicines. Pil. cath. comp., muriatic acid, magnesia, phosphate of soda, podophyllin, and other remedies, only gave him temporary benefit. I gave him Cascara Cordial, which acted like magic. It immediately relieved all the distressing symptoms, and gave him natural alvine evacuations, with neither straining or griping, relieved an unnatural desire for sleeping, cleared the skin, and cured my patient.

CASE 10.†—A lady patient of mine, who had suffered from neuralgic headaches, to whom I had given

*Edward F. Arnoux, M. D., New York City, in *Therapeutic Gazette*, 1883, p. 467.

†*Ibid.*

arsenic, gelsemium, citr. of caffeine, purging pills, etc., without effect, was relieved in a short time by the Cascara Cordial, and what was of great importance in her case, the medicine did not taste nasty.

CASE II.*—W. B., male, aged 53 years, was troubled with constipation for four years, which gradually became more and more obstinate in its nature. He is a carpenter by trade, and is rather thin in flesh, and of somewhat delicate constitution. This patient consulted me on the 21st of September last. He was considerably emaciated, and had an unhealthy and dirty yellowish color. The expression of his countenance was indicative of distress, mental and physical. The patient is slow to consult physicians; but he had, of his own volition, employed a variety of cathartic medicines, with little substantial relief. His own declaration was, that he had "dyspepsia," and he complained of pain in the pit of his stomach. The skin was not only sallow, but it was quite dry. There was no probable kidney trouble, but sickness of the stomach, and distress in that neighborhood, were prominent symptoms.

I prescribed for this gentleman Cascara Cordial, and furnished three ounces of the medicine; was surprised, as time passed, that I saw no more of my patient. Upon inquiry of other members of his family

*T. L. Wright, M. D., Bellefontaine, O., in *Therapeutic Gazette*, 1883, p. 489.

I was informed that he was better. On the 10th of November, inst., Mr. B—— again called upon me. Said he was greatly improved, and his appearance plainly justified his words. There was an evident increase of life and energy in his whole makeup, and there was light in his eyes. He wished to continue the treatment, and desired another supply of the cordial. He said, however, that the doses he had been compelled to take were larger than had been prescribed—which were fifteen drops twice a day. He declared that his improvement was remarkable to his own mind, and volunteered the statement that his evacuations had lately been perfectly efficient, easy, and in every way more satisfactory than they had been for a long time previously. This man has now taken only about four ounces of the preparation.

And here I will make a suggestion or two, with reference to the adaptability of the Cascara Cordial to certain forms of physical condition. When the grand climax of life has been passed, both in women and in men, when the failing sight, the subsiding passions, the lapse of memory, and muscular inertia, tells the unwelcome story that the acuteness and alertness of nervous sensibility, in all its diversified phases, are being dulled by age and subdued by the reverses of time, it is the experience of physicians that the great conservator of life and energy, itself—the digestive and assimilative tract—sympathizes with the general decay, and constipation is a frequent, if not a com-

mon coincident. It is in the treatment of such cases in particular, that our remedy appears to the greatest advantage. From the observations that I have been enabled to make, the *Cascara sagrada*, especially in the form of the cordial, seems to me to afford better results in the constipation of elderly people, than any other medicine that has come under my notice.

CASE 12.*—Mrs. H., aged 24 years, is a very light blonde. Her complexion is almost milky white; her hair is a very light flaxen; and her eyes are large and very light blue in color. The patient's countenance was very melancholy and unfixed, and her eyes were weak and tearful. Her voice was tremulous and feeble, while her general manner was shrinking and timid. Mrs. H. was afflicted with constipation of a most obstinate character, which dated back four years. It seems to be impossible for her to secure an evacuation of the bowels without artificial aid—going without one often, from five to eight days. After trying several remedies with poor success, I furnished her with three ounces of the *Cascara Cordial*. She took one-half teaspoonful twice a day. After exhausting the first installment of the remedy, she applied for more, and said she felt better, although she obtained an alvine evacuation only about every second day. After consuming the second three ounces of the medicine, she again applied for an additional quantity. Her

*Ibid.

appearance was now materially changed for the better. Her features were expressive of a good deal more energy than usual; her flesh seemed something fuller, her eye brighter and more expressive, her voice was stronger and firmer; and at this time she smiles and looks as though she enjoys life. Upon inquiry she said that the Cascara Cordial is the most efficacious of all the remedies she had ever taken; that she is feeling better in every way, but that she could not get along without continuing the treatment. She also informs me that her spirits are now good; whereas, before the treatment above described, she felt melancholy, and often did not wish to live. Upon the whole, I believe the patient will ultimately recover her health, although (and so I informed her) it will probably take months of patient hygienic, and medical assistance to accomplish a cure.

CASE 13.*—Another example that is instructive, is that of a child four years of age. This little boy has been troubled with constipation from birth. Such instances are by no means rare, and they are always the subjects of great anxiety and trouble. The child in question, was treated in the beginning by suppositories; first, of soap, until inflammation of the rectum almost ruined him. Afterwards, pieces of mutton tallow, or stearine were employed; and at last frequent injections of various kinds were used. But in

* Ibid.

spite of all, he would, every few weeks, exhibit such indications of distress as are seen in a sallow complexion, haggard countenance and fretful mind. Then resort was of necessity had to cathartics by the mouth. Of course, all this was attended by many untoward symptoms—as of nervous irritability, nettle-rash, and so on. Between two and three months ago, I prescribed for this child the Cascara Cordial. Never was any medicine more pleasing in its effects. The dose employed was very large—from fifteen to twenty drops twice a day; but it was not necessary to give the medicine steadily. Two or three days of interval are now frequent between doses. The little fellow is fat and happy, and is willing and eager to take his medicine. But he is by no means cured. He will, no doubt, be compelled to continue the drug for some months, before he can forego it altogether.

CASE 14.*—A lady, aged 54 years. Constipation habit gradually increasing in obstinacy for five years. Ordinarily impossible to secure an evacuation without the assistance of medicine. In consequence of the unpleasant nature of purgative medicines in general, she is apt to delay until an increasing vertigo compels a resort to cathartics, in order to obtain temporary relief. The countenance is bloodless and corpse-like, with a tawny hue, and its expression

* T. L. Wright, M. D., of Bellefontaine, O., in *Cincinnati Medical News*, 1883, p. 651-3.

is one of the utmost distress, almost of despair. The dizziness is so great that the patient is wholly unable to stand, or even sit erect; while violent palpitation of the heart contributes to the mental and corporeal uneasiness and incapacity. In this condition she is compelled to take for relief some one of the several **active purgative remedies.**

It is proper to say that this lady, notwithstanding her periodical spells of constipation with vertigo, etc., has seldom failed to take daily, either some suitable article of diet or some lauded remedy for constipation, or both. And although this practice often seemed to be of benefit at times, the truth is that she has, in spite of pills and pellets and bitters and elixirs of every conceivable description, been growing gradually and steadily worse all the time. Very often she would be confined to the house and bed for several days at once, with nervous exhaustion, as seen in her pallid color, absence of appetite and dreadful dizziness. I may say here that this patient is a connection of my family, and has been under my daily observation for years.

Thirty-five days ago I prescribed for her *twenty drops* of the Cascara Cordial, to be taken morning and evening. After the fourth dose she had an easy and satisfactory evacuation of the bowels, without pain or sickness. After two more doses she had two good evacuations in one day. She then took but one dose a day for four days. At this time she is taking 15 drops once a day, occasionally passing a day without taking any.

Let us now trace the effect of the remedy a little more in detail. Very soon after the first few evacuations, as early probably as the fourth or fifth day, the patient declared with evident satisfaction that she felt better than she had for a very long time; that she felt "natural" and like herself once more. This patient visited the exposition in Cincinnati, involving 200 miles of railroad travel, about two weeks after the commencement of her treatment. For once, the motion of the cars did not make her dizzy or produce nervous headache; and she arrived home in good health.

An early manifestation of the value of the *Cascara sagrada*, in the case of the patient, was the speedy and complete clearing up of the color and general expression of the countenance. This took place in a few days. The skin became healthy and clear in appearance, and still remains so; while the tone and elasticity of the organism are quite satisfactory.

I am aware that a report of this kind should not be made too early. Nor can it be expected that the remedy will, as a rule, come into relation with cases so clearly adapted to a rapid display of its best powers, as the one cited. But the application of the *Cascara sagrada* in this case, where it immediately supplanted the habitual use of other highly praised drugs, has, by its remarkable operation, demonstrated through the contrast of its powers with the powers of other reme-

dies, the fact that it does possess therapeutical properties of great value and which are peculiar to itself. The remedy, as a matter of course, should not be wholly withdrawn from the case for a considerable period of time.

CASE 15.*—Also a lady, 51 years old. This patient has, like the former, been under my observation for many years. Her case is one of obstinate constipation. She has been in the habit of using certain “bitters” a good deal, to keep her bowels in a soluble condition. She declares that her remedies—pills, pellets, bitters, etc.—are no longer manufactured honestly. Upon the whole, she has been getting worse steadily for three years at least. For some months past she has complained of pain in the stomach, with giddiness and headache. But her principal complaint has been of weight in the stomach, belching and indigestion. The color of this patient was dirty looking and sallow, and the expression of her countenance was indicative of profound misery.

After repeated attacks of “biliousness,” as she called it, depending on constipation, which would yield only to powerful medication and which would return in a few days, or, at best, in a few weeks, she was seized five weeks ago with cramps about the stomach attended by constipation. Vomiting, which continued all of one night and part of a day, was also

* Ibid.

present. Indigestion had been troubling the patient several days, and she ejected from her stomach food which she had swallowed two days previously. As soon as these symptoms were relieved, and the patient began to move about again, I prescribed for her (thirty-one days ago) the cascara cordial in 15 drop doses twice a day. The effect now is very great improvement in the health of this lady. Her color has improved in a remarkable manner, and she is greatly benefitted in every other particular. I am of opinion, however, that her improvement, while gratifying, is not yet so complete as in the first case reported.

There are several *chronic nervous maladies*, which, by fair inference, we may presume would be benefitted by the prolonged use of cascara sagrada. I have some such now under treatment by that remedy, and when the proper time has come I will report the results, be they favorable or otherwise.

CASCARA CORDIAL IN DYSPEPTIC DISORDERS *

IN an article upon the subject of the therapeutic uses of Cascara Cordial, in the Medical and Surgical Reporter, I particularly urged that the efficiency of the preparation in the treatment of habitual constipation marked it for great favor. A more extended experience with it in this sphere of application has only added proof of its therapeutic value. By the test of experience every medicinal agent must either stand or fall. We are confident and glad, too, that this preparation will grow in favor and become one of the verities of the medicine chest. In our former publications we also indicated the use of Cascara Cordial in the treatment of various forms of dyspeptic disorders. Added experience has shown that what was then stated and claimed for it embraced only a part of its great merit in these conditions. Here it meets a wide range of indications and certainly must become a favorite remedy with the practicing physician. All in all Cascara Cordial may be regarded a valuable addition to the physician's armamentarium. Its authors builded better than they knew. In an unusual degree they have here made the refinements of scientific pharmacy subservient to the demands of the people and the

* F. C. Herr, M. D., Philadelphia, Pa., in *Therapeutic Gazette*, 1883, p. 490.

times. The encroachments of homœopathy upon regular medicine have only been made possible by the persistent refusal of the old school to accede to the demands of the sick public for tolerable medicines. For generations we were indifferent to the cry of our patrons for some alternative that would relieve them from the necessity of taking noisome drugs. In later times we slowly awakened to the reality of the situation. To-day we recognize in its fullness the importance of bringing to our aid the elegancies and refinements of pharmacy. We are persuaded that these may be made potent levers to our advancement and elevation. It does not help us that we belong to the "old school." Independent of schools each man in the profession must make his record. A palatable medicine is money in the doctor's pocket. He cannot afford in the face of a growing sentiment against it, to trudge along in the well-worn path of our predecessors. We cannot afford to go backward. Let us then honestly endeavor to go forward in the path indicated by these pharmaceutical preparations. Pharmacy and medicine are not essentially antagonistic. They should always assist each other, for out of such united and harmonious work could come only that which would profit both equally. It is a step in the right direction, and deserves to be encouraged. If Messrs. Parke, Davis & Co. will exert themselves in the direction of improving the newer materia medica in just the way that they have surmounted the objections to Cascara

sagrada, they will confer a blessing upon many sufferers and greatly aid the practicing physician.

One use of *Cascara sagrada* not yet referred to here we shall briefly consider. It is its employment as an adjuvant. It has been highly spoken of in this connection and it is unquestioned that neither the older nor the newer *materia medica* afford an agent in any respect superior to *Cascara Cordial* in this specific use. Indeed, we doubt whether another preparation equals it in this application. For, in addition to its very agreeable taste, it possesses such decided therapeutic properties of its own that these make it valuable in many conditions of disordered function. The early reports on *Cascara sagrada* (the active cathartic or laxative ingredient of *Cascara Cordial*) indicate the desirability of permanently concealing the intensely bitter principle which develops with age. The efforts of Messrs. Parke, Davis & Co. were successfully exerted in this direction, and as the fruit of their labor we have the *Cascara Cordial*. Another valuable ingredient of this preparation is *Berberis Aquifolium*. Clinical experience has shown this agent to be a powerful tonic and alterative. By some it is maintained that it is second to no representative of this class of remedies in power and efficiency. It promotes destructive and constructive metamorphosis—the former by exciting absorption, the latter by stimulating digestion and assimilation. It is shown by abundant experience that it is invaluable as an altera-

tive in syphilitic disorder. It is *per se* an important addition to the materia medica. In combination with the various components of cascara cordial it is serviceable in a wide range of disorders. Take hepatic torpidity, for example, with its endless diversity of symptomatic expression. Try all the well-known cholagogues faithfully, and then as faithfully try Cascara Cordial, and your testimony will be against the former. This preparation in some strange way lifts the load of oppression and gloom which hangs over these people, and imparts life and ambition to them. I have very complete records of three cases of this form of affection most happily treated with Cascara Cordial.

There is a condition which frequently obtains in infants and young children that necessitates a requisition upon the "carminative bottle." I refer to the flatulent distension of indigestion so common at these ages and so annoying to the little ones and their attendants. The domestic medicine chest always contains the weapon that will deal death to this foe of health and comfort, and alas! it is too true that this same weapon may deal death to the suffering one. These "baby mixtures" too often are not safe, and should be given with a sparing hand. In Cascara Cordial we have a safe weapon to meet these troubles. It meets the indications amazing well—relieving the flatulence—producing comfort, and in some yet unexplained manner, inducing quiet and refreshing slumber.

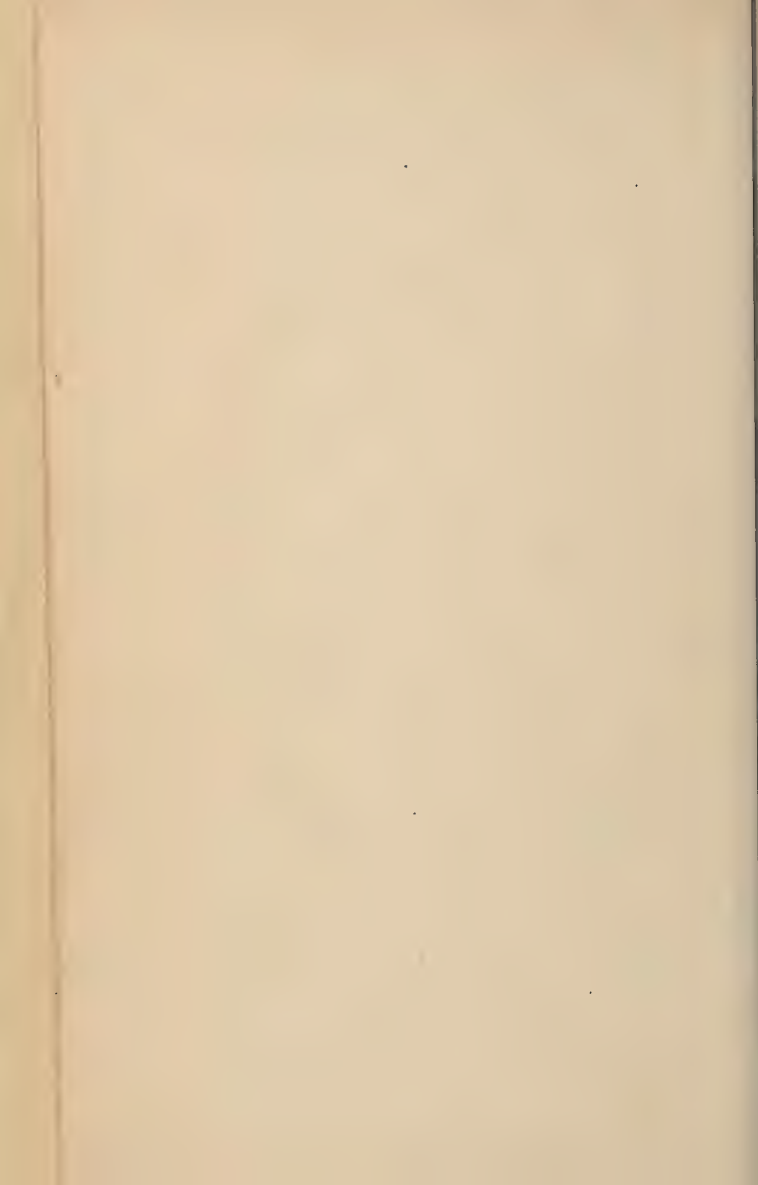
It can be given in large doses with no apprehension of evil results. Upon theoretical grounds I am disposed to think that it would be an effective remedy in some forms of summer complaint in children. Its influence upon the functions of digestion is so unquestioned, its power in restoring normal secretion and correcting morbid action and imparting tonicity to the digestive and alimentary tracts is so decided, that I have no doubt the indications here would be met by its administration. In all the conditions save the last named one, I have had considerable experience with Cascara Cordial, and have rarely found it disappointing, while I have never been met with that unwelcome salutation: "O, doctor, what an awful medicine you gave me!"

In conclusion, it may be said that the extensive use of Cascara Cordial has demonstrated conclusively its great utility in every form of constipation, and in the manifold departures from normal health which may be traced to constipation as their source.

We place the facts we have collated regarding its nature and therapeutic application before the medical profession, in the belief that they are eminently worthy careful consideration, and that further investigation of this laxative preparation will confirm the conclusions regarding its value already arrived at, and establish the place of Cascara Sagrada in the *materia medica* as the most valuable drug yet discovered for the treatment of habitual constipation.

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